

GARLICLY SPAGHETTI SQUASH SKILLET



SERVING SIZE

4



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Medium Spaghetti Squash, (Cut into 1" rounds)	1	Tuscan Kale, Spines Removed, Finely Chopped	2 Cups ½ Tsp.
Olive Oil	½ Tbsp.	Crushed Red Pepper Flakes	¼ Cup
Salt and Pepper,	To Taste	Microgreens	
Large Shallot, Thinly Sliced	1	Parmesan Cheese (Optional, for Maintenance Only)	3 Tbsp.
Garlic Cloves, Minced	4		



PREPARATION

- Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper.
- Place the spaghetti squash rounds on the baking sheet, brush with olive oil, and season with salt and pepper. Bake for 40 minutes, flipping halfway through.
- Once baked, use a fork to pull the squash strands from the skin and set aside.
- Heat a large skillet over medium-low heat with a splash of oil or water.
- Sauté the shallot and garlic for 3–4 minutes until tender and fragrant, then add the kale and cook until wilted.
- Add the cooked spaghetti squash to the skillet, increase the heat, and sauté for a few minutes until the edges of the squash turn golden.
- Flatten the mixture into an even layer in the skillet and sprinkle with salt, pepper, red pepper flakes, and microgreens.
- For maintenance, top with Parmesan cheese before serving. Serve warm and enjoy!